



N S G P

Northeastern Society for Group Psychotherapy

23

The 23rd Annual Regional Conference

June 11, 12, and 13, 2004

Wellesley College, Wellesley, MA

Why We Do What We Do:

**UNDERSTANDING GROUP THERAPISTS'
CHOICES IN THE CLINICAL MOMENT**

Special Presentation

Violence and Its Aftermath: The Healing Process

Steven Marans, PhD; Steven Berkowitz, MD;
Martha Bragin, PhD, MSW; Anne Alonso, PhD, CGP, DFAGPA;
Shoshana Ben-Noam, PsyD, CGP; Cecil Rice, PhD

Demonstration Group

Mindfulness Meditation in Group Psychotherapy

Anne Mahoney, PhD, CPsych, FGCPA,
Arnold Cohen, PhD, CGP, & Suzanne Cohen, EdD, CGP, FAGPA

CGP Certificate Program

Principles of Group Psychotherapy



NSGP

Northeastern Society for Group Psychotherapy

Welcome to the 23rd Annual Conference

We hope you join us for the annual NSGP Conference at Wellesley College. We have an exciting and rich program planned around the theme, *Why We Do What We Do: Understanding Group Therapist's Choices in the Clinical Moment*.

As suggested by the theme, many of the learning opportunities will look at group therapy interventions that respond to clinical situations particular to our lives today. Our program addresses a wide range of therapeutic needs, from the profound and isolating effects of family violence and war, to the prevalence of disturbances from within that compromise our ability to feel life as joyful and normal. This year's presenters are an extraordinary group of gifted clinicians who will bring clarity, relevance and heart to "Why We Do What We Do".

Our deepest appreciation goes to the 31 wonderful and energetic conference committee volunteers who have worked diligently since the summer of 2003 to create this event.

Please review the brochure carefully, and register early. If you are not a member of NSGP consider joining, and take advantage of member rates for the conference. We look forward to seeing you in June.

Kelley Bothe and Geri Reinhardt
for the Conference Committee

Anne Alonso, PhD, CGP, FAGPA
 • Shoshana Ben-Noam, PsyD, CGP
 • Richard Berke, PhD • Steven Berkowitz, MD • Bruce H. Bernstein, PhD, ABPP, FAGPA, CGP
 • Frances Bonds - White, EdD, FAGPA, CGP
 • Martha Bragin, PhD, MSW
 • Jennifer Bryan, PhD, CGP
 • Arnold Cohen, PhD, CGP
 • Suzanne L. Cohen, EdD, CGP, FAGPA
 • James Collins, LCSW, CGP
 • Eleanor Counselman, EdD, CGP, FAGPA
 • Max Day, MD
 • Sara Emerson, LICSW, CGP, FAGPA
 • Mark Fanger, EdD
 • Joel Frost, EdD, ABPP, CGP, FAGPA
 • Lena Blanco Furgeri, CSW, EdD, FAGPA, CGP
 • Macario Giraldo, PhD
 • Caren E. Glickson, PhD, CGP
 • David Goldfinger, PhD
 • David Griffiths, EdD, CGP
 • Barbara Keezell, LICSW, CGP
 • Debra Hyman, MA
 • Michael Kaufman, MA
 • Allison Kravitz, LCSW
 • James Leone, PhD, CGP
 • Gregory MacColl, CSW, CGP
 • Anne Mahoney, PhD, C.Psych, FGCPA
 • Steven Marans, PhD
 • Oona Metz, LICSW, CGP
 • Richard Miller, LICSW
 • Lise Motherwell, PsyD, CGP
 • Norman Neiburg, PhD, DFAGPA
 • Mary Nicholas, LICSW, PhD, CGP, FAGPA
 • Kenneth Porter, MD
 • Virginia D. Reiber, RNCS, PhD, CGP
 • Scott Reinhardt, PhD, CGP
 • Cecil Rice, PhD, CGP
 • J. Scott Rutan, PhD, CGP, DFAGPA
 • Maria Ross, MSW
 • Victor Schermer, MA, LPC, CAC, CGP
 • Elizabeth Shapiro, PhD
 • Joseph Shay, PhD, CGP
 • Judith Silverstein, PhD, CGP
 • Brenda Smith, LICSW, CGP, EAP
 • Mark Sorensen, PhD, CGP
 • Judy Starr, LICSW, CGP
 • Richard C. Tomb, MD
 • Kathleen Ulman, PhD, CGP, FAGPA
 • Marsha Vannicelli, PhD, FAGPA
 • Tracy Wallach, LICSW
 • Robert Weber, PhD, CGP, FAGPA
 • Donald Wexler, MD, FAGPA, CGP
 • Karen Wischmeyer, LICSW, CGP
 • Fred Wright, PhD
 • Marianne Zasa, LICSW, CGP, FAGPA

Conference Overview *

Friday, June 11, 2004	Saturday, June 12, 2004	Sunday, June 13, 2004
8:00 - 9:30 Registration - Continental Breakfast	7:45 - 9:30 Registration Breakfast	8:15 - 9:30 Registration Breakfast
9:00 - 9:30 Institute Opening/Orientation	8:00 - 5:30 CGP Program	8:30 - 9:30 Business meeting
9:45 - 12:15 Institute Session I	9:00 - 9:15 Conference Opening Session	9:45 - 12:45 AM workshops
12:15 - 1:45 Lunch	9:30 - 12:30 Morning Workshops	10:15 - 5:30 CGP Program
1:45 - 4:30 Institute Session II	12:30 - 2:30 Lunch	12:45 - 2:15 Lunch
4:30 - 5:00 Refreshment Break	1:00 - 2:30 Special Presentation II	2:30 - 5:30 Demonstration Group
5:00 - 6:45 Institute Session III	Note: Box Lunch included at 12:30	5:30 - 6:30 Social Hour
6:45 - 7:00 Evaluations	2:45 - 5:45 Afternoon Workshops	
7:00 - 8:00 Social Hour	5:45 - 6:45 Social Hour	
7:30 - 9:15 Special Presentation I		

* CGP course schedule listed separately.

The Northeastern Society for Group Psychotherapy, Inc. is a regional affiliate of the American Group Psychotherapy Association. NSGP • P.O. Box 356 • Belmont, Massachusetts 02478-3201 • (617) 484-4994 • www.nsgp.com

Special Presentation

SP Friday 7:30 - 9:15 pm Saturday 1:00 - 2:30 pm

Sponsored by the Rice Memorial Fund of the Northeastern Society for Group Psychotherapy Foundation

Violence and Its Aftermath: The Healing Process

Violent events are alarmingly increasing in today's world. The affected individuals often show difficulties in readjusting to their family, work and community life. This presentation will attempt to demonstrate how early intervention models and group programs facilitate the healing process.

Introduction by:

Cecil A. Rice, PhD, on behalf of the Rice Fund and NSGP Foundation.

Program Chair:

Shoshana Ben-Noam, PsyD, CGP, Faculty, Eastern Group Psychotherapy Society, N.Y., N.Y.; Faculty, Training Institute for Mental Health, N.Y., N.Y.; Private Practice, N.Y., N.Y.

Friday evening speakers:

Steven Marans, PhD, Harris Associate Professor of Child Psychoanalysis, Yale School of Medicine, Child Study Center; Director, National Center for Children Exposed to Violence, at Yale.

Steven Berkowitz, MD, Assistant Professor, Yale School of Medicine, Child Study Center; Director, National Center for Children Exposed to Violence, at Yale.

Early Interventions for Children and Families Exposed to Violence

The presentation will review what is currently known about crisis and early interventions for individuals exposed to small scale and mass violence. The presenters will provide recommendations about appropriate intervention techniques based on the current state of research about risk factors and the utility of various early intervention models.

Saturday afternoon speaker:

Martha Bragin, PhD, MSW, Clinical and research faculty in social work at the International Program on Refugee Trauma at Columbia University College of Physicians and Surgeons, N.Y., N.Y.; Consultant to programs for women and children affected by war and violence both in the US and around the world.

Soldier Girls: The Interplay of Agency, Aggression and Women Warriors in Community Reintegration Group Programs

Over the past 20 years, reintegrating women excombatants has been a problem discussed internationally. As the United States is involved in new wars, facilitating the psychosocial reintegration of women veterans is quite relevant. Community centered programs and group processes can be effective in healing their unique struggles and symptoms while returning to civilian life.

Discussant:

Anne Alonso, PhD, CGP, DFAGPA, Professor of Psychology, Department of Psychiatry, Harvard Medical School, Boston, MA; Director, Center for Psychoanalytic Studies at Massachusetts General Hospital, Boston, MA.

Demonstration Group

D Sunday Afternoon, 2:30 – 5:30 pm

Mindfulness Meditation in Group Psychotherapy

Mindfulness meditation involves mindful awareness and mindful reflection. Mindful awareness is paying attention without judgment, comparison or evaluation. This mindful awareness allows us to see emotional and behavioral patterns in our lives which impact our psychological and physical health. Mindfulness reflection is the practice of evaluating the benefit and cost of specific thoughts, words, and actions.

Demonstration Group Leader:

Anne Mahoney, PhD, CPsych, FGCPA

Anne Mahoney is a clinical psychologist in private practice in Calgary, Alberta, Canada. In the Demonstration Group, Dr. Mahoney will focus on using mindful awareness and mindful reflection to identify and understand thought patterns and behavioral patterns that impact our choices in the clinical moment.

Discussants:

Arnold Cohen, PhD, CGP and Suzanne Cohen, EdD, CGP, FAGPA

Institutes

I

Friday, 9:45 am – 7:00 pm

Description of Institute Groups

Institutes are small groups led by experienced leaders. They are structured to provide a combination of experiential and cognitive learning, with primary emphasis on the experiential aspect. Participants will learn about psychodynamic group process through their own experiences in the group. Group processes to be examined include the group contract, individual and group resistance, transference, and termination phenomena. The goal is to increase knowledge of group dynamics and processes.

For specific interest sections, a prior NSGP or AGPA psychodynamic group process institute or its equivalent is suggested. Each group will have a minimum of 5 and a maximum of 12 participants, unless otherwise noted. All institutes are one-day events. Participants agree to attend the group from beginning to end. Observers from the Institute Committee will visit the groups briefly.

General Psychodynamic Institutes

FOR STUDENTS AND CLINICIANS WITH 0 TO 2 YEARS OF GROUP THERAPY EXPERIENCE

- I-1 **Barbara Keezell, LICSW, CGP**, Clinical Group Supervisor in the Social Work Dept. at Beth Israel Deaconess Medical Center; Private Practice, Brookline, MA.

FOR CLINICIANS WITH 3 TO 7 YEARS OF GROUP THERAPY EXPERIENCE

- I-2 **David W. Griffiths, EdD, CGP**, Private Practice, Boston, MA.

FOR CLINICIANS WITH 8 OR MORE YEARS OF GROUP THERAPY EXPERIENCE

- I-3 **Eleanor F. Counselman, EdD, CGP, FAGPA**, Assistant Professor of Psychiatry (Psychology), Harvard Medical School; Private Practice, Belmont, MA.

Two Year Psychodynamic Institutes

Participants are expected to attend both years of a 2-year institute.

I-4 Two-year Institute, second year

This will be the second year of this psychodynamic institute. Participants are expected to attend both years of this institute. No new participants will be accepted.

Lena Blanco Furgeri, CSW, EdD, FAGPA, CGP, Private Practice, New York City, N.Y.; Faculty, Center for the Advancement of Group Studies, New York, N.Y.

I-5 Two-year Institute, first year

This will be the first year of this two-year psychodynamic institute. Participants are expected to attend both years of this institute.

Kathleen Ulman, PhD, CGP, FAGPA, Director, Center for Group Psychotherapy, Massachusetts General Hospital; Assistant Professor of Psychology, Harvard Medical School.

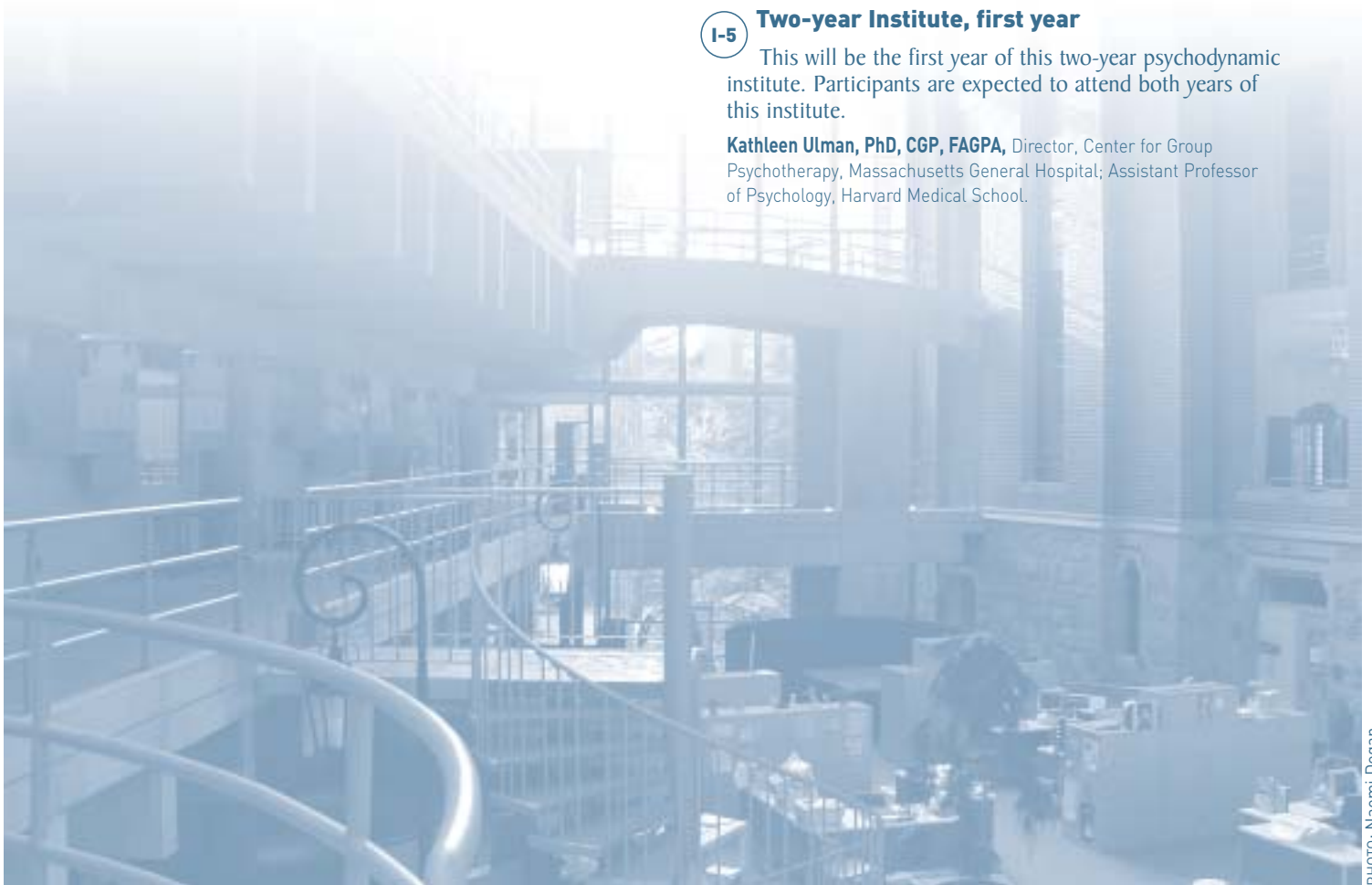


PHOTO: Naomi Dogan

Special Interest Institutes

1-6 Searching for the Curative Power of Gratitude and Forgiveness in Group Therapy

This institute will focus on gratitude and forgiveness as they are observed in the experience of the institute participants' groups and lives. We will: (1) identify the curative qualities of these factors in our personal lives; (2) develop a conceptual framework for understanding and potentiating the curative power of these elements in our groups; and (3) determine and delineate factors that might interfere with the aforementioned objectives.

Robert L. Weber, PhD, CGP, FAGPA, Clinical Instructor in Psychology, Harvard Medical School; Group Solutions Network, Inc., Cambridge, MA; Private Practice, Enders and Weber, P.C., Cambridge, MA.

1-7 Rewriting Shame Scripts

Shame separates us from others. Acceptance is the attitude that allows us to bear our shame and creates the possibility of intimacy. This institute will explore how group process transforms the psychological scripts that defend against shame in a way that allows group members to move from isolation to connection.

Mark Sorensen, PhD, CGP, Private Practice, Newton Highlands, MA; Co-President, Group Solutions Network.

1-8 Acting Out in Group Therapy

Acting out involves the symbolic expression of conscious or unconscious feelings. Lateness, rambling, compliance, etc., reflect defensive repetitions to avoid such feelings as fear, shame, anger, sadness, and longing. This institute will examine the meaning of acting out and address some methods of dealing with it in group therapy.

Judith Silverstein, PhD, CGP, Private Practice, Needham, MA.

1-9 Authority, Leadership, and Role in Groups and Organizations: a Small Study Group in the Tavistock Tradition

Tavistock Small Study Groups offer the opportunity to examine leadership and authority, and problems encountered in their exercise, in group and organizational life. A series of Small Study Groups, in which the consultant will offer interpretations about the overt and covert dynamics of the group in the here-and-now, will be followed by a Review and Application group.

Tracy Wallach, LICSW, Organization and Leadership Development Consultant; President, Center for the Study of Groups and Social Systems (Boston Affiliate, AKRI).

1-10 The Leader Takes the Center: The Emergence of the "Omnipotent Child"

Early groups stir intense conflicts around the desire to merge with the leader or remain separate but alone. When the leader attends to the wishes for merger, the resultant intense longings trigger the emergence of Aledort's "Omnipotent Child," which is a reflection of the early passionate bad fit with mother, when these desires were originally frustrated. Participants will experience this intense dynamic and its usefulness in therapy.

Richard C. Tomb, MD, Private Practice, Worcester, MA; Past President, NSGP.

1-11 Mindfulness Meditation in Therapy: Identifying and Understanding Clinical Patterns

Mindfulness meditation involves mindful awareness and mindful reflection. Mindful awareness is paying attention without judgment. This awareness allows us to see emotional and behavioral patterns in our lives. Mindful reflection is the practice of evaluating the benefit and cost of specific thoughts and actions. This institute will focus on using mindful awareness and mindful reflection to identify and understand thought patterns and behavioral patterns that impact our choices in the clinical moment.

Anne Mahoney, PhD, C.Psych, FGCPA, Clinical Psychologist, Private Practice, Director, Group Therapy Training Program, Calgary, Alberta, Canada.

1-12 To Be or Not To Be Seen: Therapist Use of Self in Group

What is self disclosure? What do and should we disclose in the service of facilitating the group's process? Is it the facts about us that our patients want, or is it a sense of our active involvement with them? In this experiential process we will explore the many facets of the therapist's engagement in facilitating the group's process of being seen and known.

Sara Emerson, LICSW, CGP, FAGPA, Private Practice, Cambridge, MA.

Joel Frost, EdD, ABPP, CGP, FAGPA, Private Practice, Boston, MA.

1-13 The Dialogues in the Group: Following Subjectivity and Identity in the Psychoanalytic Group

The relationship between the individual and the group as it unfolds in the psychoanalytic group is a rich source for both healing and theoretical advances. Using Lacanian theory as a background, the leader will present his developing concepts of the Dialogues IN the group and the Dialogues OF the group. Learning will take place using both experiential and didactic components.

Macario Giraldo, PhD, Director, National Group Psychotherapy Institute, Washington School of Psychiatry; Private Practice, McLean, VA.

STANDBY OPTION: You may attend an institute for a very reduced fee of \$40 in return for agreeing to give the committee the flexibility to assign you to an institute. You may indicate your first, second, and third choices on the registration form. When possible we will honor your preferences. However, the committee may assign you to another institute if necessary to balance institute membership. We will notify you of your assignment any time up until the evening before the conference begins. You need to clearly indicate the number at which we can reach you. If we cannot accommodate you for this standby option, you will have the option to pay the regular fee and choose among the available institutes.

This offer is available on a first-come, first-served basis for up to 10 people.

Certificate of Group Psychotherapy

CGP

Saturday 8:00 am – 5:30 pm & Sunday 10:15 am – 5:30 pm

CGP Certificate Program — Principles of Group Psychotherapy

This program is designed to provide a basic understanding of the theory, principles, and applications of group psychotherapy. This 13-hour didactic and discussion presentation will cover group process and dynamics, types of group psychotherapies, clinical and ethical issues, group psychotherapy research, and the history of group psychotherapy.

At the conclusion of this program, participants who attended all five sessions will be awarded a certificate designating successful completion.

Moderator:

Judy Starr, LICSW, CGP, Co-President and Treasurer, Group Solutions Network; Private Practice, Brookline and Quincy, MA.

NOTE: This program meets only the 12-hour course-work requirements for the National Registry of Certified Group Psychotherapists (CGP). There are two additional requirements for CGP listing. They are as follows:

- (1) 300 hours of group psychotherapy experience as a leader or co-leader accrued during or following clinical graduate training;
- (2) 75 hours of group psychotherapy supervision accrued during or following clinical graduate training.

C-1 Foundations of Group Psychotherapy

Saturday, June 14, 2003, 8:00 – 10:30 am

Virginia D. Reiber, RNCS, PhD, CGP, Private Practice, Dedham, MA.

C-2 Group Dynamics and Group Process

Saturday, June 14, 2003, 10:45 am – 1:15 pm

Steven Krugman, PhD, Faculty, Center for Psychoanalytic Studies, Massachusetts General Hospital, Boston, MA; Private Practice, Boston and Newton, MA.

C-3 The Change Process in Group Psychotherapy

Saturday, June 14, 2003, 3:00 – 5:30 pm

Alan Albert, PsyD, CGP, Faculty, Training Program, NSGP; Private Practice, Newton, MA.

C-4 The Group Leader

Sunday, June 15, 2003, 10:15 am – 12:45 pm

Karen Wischmeyer, LICSW, CGP, Private Practice, Norwell MA.

C-5 Demonstration Group

Sunday, June 13, 2004, 2:30 – 5:30 pm

Group Leader: Anne Mahoney, PhD, CPsych, FGCPA

Discussants: Arnold Cohen, PhD, CGP;
Suzanne Cohen, EdD, CGP, FAGPA

Workshops

W

Saturday Morning, 9:30 am – 12:30 pm

W-1 Integrating Meditation, Spirituality and Group Psychotherapy (first half)

Note: This half must be taken with the Saturday PM Workshop #11

This workshop will experientially demonstrate spiritually-oriented group psychotherapy, teaching an innovative paradigm with new models of therapeutic philosophy, self, healing process and therapeutic technique.

Most of the time will be spent in spiritually-oriented group process, with significant time also in meditation with instruction. Experiential, demonstration, didactic/lecture.

Kenneth Porter, MD, President-Elect, Association for Spirituality and Psychotherapy, New York, N.Y.; Private Practice, N.Y., N.Y.

W-2 Collaborative Responses For Children and Families Exposed to Violence and Trauma

This workshop will present and discuss the Nationally Replicated Child Development-Community Policing, founded in New Haven, CT as a partnership between the Yale Child Study Center and the New Haven Department of Police Service. The program integrates psychological principles with Law Enforcement Practice in responding to individuals who are exposed to potentially traumatic experiences.

Steven Marans, PhD, Harris Associate Professor of Child Psychoanalysis, Yale School of Medicine, Child Study Center; Director, National Center for Children Exposed to Violence, Yale School of Medicine.

Steven Berkowitz, MD, Assistant Professor, Yale School of Medicine, Child Study Center; Director, National Center for Children Exposed to Violence, Yale School of Medicine.



Workshops

W

Saturday Morning, 9:30 am – 12:30 pm

W-3 Personality Disorders Go to the Movies

Patients with personality disorders populate our groups, energize them, and can destroy them. This workshop will focus on the identification and group treatment of such patients, especially those with “dramatic/erratic” disorders. Video segments illustrating personality disorders will include *All About Eve*, *Fatal Attraction*, *Citizen Kane*, *A Streetcar Named Desire*, *The Sopranos*, and others. (Rated “R”) Audio/visual, didactic/lecture, discussion.

Joseph Shay, PhD, CGP, Director of Psychological Services and Psychology Training, Two Brattle Center; Instructor in Psychology, Department of Psychiatry, Harvard Medical School; Private practice, Cambridge, MA.

W-4 Lost in Translation

Psychotherapy presented in supervision inevitably loses something in translation. Use of the supervisory relationship for information about the psychotherapy can reduce the “translation” effect. This workshop will provide an overview of effective supervision and focus particularly on appropriate use of parallel process, enactments, and associations within the supervisory session. This workshop is for anyone interested in supervision, whether or not they are currently supervisors. Didactic/lecture, Discussion, Experiential.

Eleanor F. Counselman, EdD, CGP, FAGPA, Assistant Professor of Psychiatry (Psychology), Harvard Medical School; Private Practice, Belmont, MA.

W-5 Naughty or Nice?

The Cat In the Hat tells us, “It’s fun to have fun, but you have to know how!” Being naughty can add playfulness and spice to group life, but many patients experience naughtiness as bad and see nice as being only good. What is the boundary between naughty and bad, nice and too good? How do therapists, who are supposed to be “appropriate,” model and encourage healthy naughtiness while they deal with issues of authority, boundaries, secrecy and shame? Through this largely experiential workshop we will explore these questions and our own experience of being naughty or nice.

Lise Motherwell, PsyD, CGP, President Elect, NSGP; Faculty, Center for Group Psychotherapy, Massachusetts General Hospital; Private Practice, Brookline, MA.

W-6 Moments of Meaning: The Development of “Implicit Relational Knowing” in Groups

Using video analysis of mother-infant dyads, the Boston Change Process Study Group (BCPSG) has examined the processes by which relational repertoires are developed. In this workshop, the findings of the BCPSG will be extended to analysis of group process, with a focus on meaning making, affect regulation, and role development. Didactic/lecture, Demonstration, Discussion.

David Goldfinger, PhD, Training Faculty, NSGP; Private Practice, Cambridge, MA.

W-7

Hot Moments and the Co-leadership Team

The challenge for the group therapist is to recognize and seize important moments in the session to maximize their therapeutic potential. This takes spontaneity, skill and courage. The leaders will conduct a live group session which will be videotaped. Participants and leaders will explore together how “hot moments” were handled and experienced by the co-leadership team. Demonstration, experiential, didactic/lecture, discussion, audio/visual.

Mary Nicholas, LICSW, PhD, CGP, FAGPA, Department of Psychiatry, Yale School of Medicine; Private Practice, New Haven, CT.

James Collins, LCSW, CGP, Department of Psychiatry, Yale School of Medicine; Private Practice, New Haven, CT.

W-8

The Group as an Object of Desire: The Diverse Counter-Transference Reactions as the Group Analyst Processes Desire and Pleasure in the Group

Pleasure is an experience in the body in the moment of affective connections between equals, sharing a system of mutuality and closeness. In a system of hierarchy, pleasure is kept as an outsider. Through the use of the counter-transference we will explore the diverse reactions to pleasure in the reverie of the group analyst and group as a whole. Didactic, discussion, experiential, demonstration.

Maria Ross, MSW, Director of the International Counseling Center of Washington, D.C.; Private Practice, Washington, D.C.

Michael Kaufman, MA, Founding Faculty, International Institute of Object Relations Therapy, Washington, D.C.; Coordinator, Program on Object Relations, Charlottesville, VA; Private Practice, Charlottesville, VA.

W-9

The Role of Anxiety in Group Psychotherapy

Most of the literature and discussions of anxiety describe programs for eliminating or lowering anxiety. Is this always useful to a group? Can we really eliminate anxiety? How low can it go before a group becomes a “scout meeting”? This workshop will explore the necessity and sources of anxiety in group psychotherapy. Experiential, Demonstration, Didactic/Lecture, Discussion.

Frances Bonds-White, EdD, FAGPA, CGP, President-elect of the International Association of Group Psychotherapy, Clinical Assistant Professor of Psychology in Psychiatry, University of Pennsylvania, Philadelphia, PA; Private Practice, Philadelphia, PA.

W-10

True Confessions: The Struggles of the Group Therapist in a Tightly Knit Community

In a small community, the challenge of maintaining boundaries is heightened by interrelationships that exist outside of group and the lack of privacy regarding the leaders personal life. In this workshop, we will learn to use effective group agreements, maintain an authentic personal/professional stance, and explore countertransference dilemmas. Difficult and humorous vignettes will be shared.

Richard Miller, LICSW, Psychodynamic Group Facilitator, Small Business Consultant, Boston and Truro, MA. Private Psychotherapy Practice, Boston & Truro, MA.

Workshops

W

Saturday Afternoon, 2:45 – 5:45 pm

W-11 Integrating Meditation, Spirituality and Group Psychotherapy (second half)

Note: This half must be taken with the Saturday AM Workshop #II

This workshop will experientially demonstrate spiritually-oriented group psychotherapy, teaching an innovative paradigm with new models of therapeutic philosophy, self, healing process and therapeutic technique. Most of the time will be spent in spiritually-oriented group process, with significant time also in meditation with instruction. Experiential, demonstration, didactic/lecture.

Kenneth Porter, MD, President- Elect, Association for Spirituality and Psychotherapy, New York, N.Y.; Private Practice, N.Y., N.Y.

W-12 Consultation for the Group from Hell

Even seasoned group clinicians tend to grapple with very difficult patients in difficult groups. Some groups can develop defenses that feel unresolvable even when the individual patients do not appear to be particularly troublesome. This situation can result in the 'group from hell.' This workshop invites participants to present their groups from hell for consultation, commiseration and maybe even some helpful advice. Didactic, role play, discussion.

Anne Alonso, PhD, CGP, FAGPA, Professor of Psychology in the Department of Psychiatry, Harvard Medical School, Faculty, Director, Center for Psychoanalytic Study, Mass General Hospital.

W-13 Laughter and Tears

Laughter and tears are not infrequent visitors to our therapy groups. How comfortable are we with their appearance in our groups? How do we understand their various manifestations? How are they related to Yalom's curative factors? How do we make sense of them for the therapeutic benefit of our group members? Didactic, sharing of personal and work experience.

Robert L. Weber, PhD, CGP, FAGPA, Clinical Instructor in Psychology, Harvard Medical School, Group Solutions Network, Inc. Cambridge MA. Private Practice, Cambridge MA.

W-14 Violence and Its Aftermath: The Healing Process

Violent acts are an alarming phenomenon in our society. This experiential workshop will examine the impact of violence in our local community and /or society at large, and its influence on our personal and professional life. The healing elements of group therapy in treating severe boundary violations will also be addressed. Experiential, discussion.

Martha Bragin, PhD, MSW, Clinical and Research Faculty in Social Work at the International Program on Refugee Trauma at Columbia University College of Physicians and Surgeons; Private Practice, N.Y., N.Y.

Shoshana Ben-Noam, PsyD, CGP, Faculty, Eastern Group Psychotherapy Society, N.Y. N.Y.; Private Practice, N.Y., N.Y.

W-15 Attending to our 'Random' Thoughts to Maintain Vital Groups

The inner life of the group therapist is a rich resource. Do you hear music, taunts, elder's wisdom? What do you see? How and when do you use this information to maintain group vitality? This workshop will explore "random" thoughts, what they tell us, and how to use them. Discussion, didactic/lecture.

James P. Leone, PhD, CGP, Clinical Instructor in the Department of Psychiatry, Harvard Medical School; Private Practice, Cambridge, MA.

W-16 The Wizard of Oz as Group Therapist: Invoking our Imaginative Processes

This workshop is about choosing to expand our imaginative processes. Using the story of the Wizard of Oz, we examine the need for a Wizard to find one's own brain, heart, or courage. Since things are not always what they seem, we utilize Gregory Maguire's book "Wicked: The Life and Times of the Wicked Witch of the West" to explore. Experiential, demonstration, discussion.

Bruce H. Bernstein, PhD, ABPP, FAGPA, CGP, Secretary, AGPA; Private Practice, NY, NY and So. Egremont, MA.

W-17 To Be Seen or Not Seen: The Pros and Cons of Leader Self-Disclosure

Contemporary relational schools of psychotherapy advocate use of the therapist subjectivity in the therapy process. However, there is controversy regarding how, when, and where to use it. This workshop will review the issues involved, particularly as they relate to leading therapy groups. Didactic/lecture, discussion, sharing of experience.

Fred Wright, PhD, Emeritus Professor of Psychology, The John Jay College of Criminal Justice of the City University of New York, Private Practice, N.Y., N.Y.

W-18 Can the Rich and Famous Be Analyzed?

All three presenters practice in lower Fairfield County, CT, an area of great affluence. They treat rich and famous patients who struggle with feelings of deprivation and isolation that seem, paradoxically, to arise from the very abundance in which they are immersed. What self-destructive choices have these patients made in response to this abundance? What have they lost? How can we help these patients to recognize intimacy as the most important option that remains? We will actively help the conference participants deepen their understanding of these issues. Experiential, discussion, case presentation.

Caren E. Glickson, PhD, CGP, Private Practice, Stamford, CT.

Debra E. Hyman, MA, Private Practice, Greenwich, CT.

Allison Kravitz, LCSW, Private Practice, Westport, CT and New Haven, CT.

W-19 Why We Do What We Do in Modern Group Analysis

When choosing interventions the group therapist needs to keep in mind the goals of group treatment. In modern group analysis, the strategies chosen are related to dealing with the group resistances. Utilizing a didactic and experiential format, this workshop will demonstrate choices made; bridging, joining, mirroring, immediacy etc. Experiential, demonstration and didactic.

Lena Blanco Furgeri, CSW; EdD; FAGPA; CGP, Faculty, Center for Group Studies, New York City, Private Practice.

W-20 "Oh Lord, Won't You Buy Me a Mercedes-Benz": Envy and Greed in Group Therapy

Envy and greed are universal feelings, which can have destructive potential if unexamined in groups. Conversely, highlighting these feelings may result in shame. Participants will explore their own experience of envy and greed as a means to understanding the power of these feelings in group and the possibilities that come with addressing them. Discussion, experiential, didactic, audio/visual.

Marianne Zasa, LICSW, CGP, FAGPA, Principal, Group Solutions Network, Inc.; Private Practice, Newton, MA.

Workshops

W

Sunday Morning, 9:45 am – 12:45 noon

W-21 One Hundred and Fifty Years of Group Therapy

Max Day, M.D., Norman Neiberg, Ph.D., and Donald Wexler, M.D., three of the most esteemed and senior clinicians of the group therapy community, (and all Past Presidents of NSGP), will comprise a panel moderated by J. Scott Rutan, Ph.D. He will examine these clinicians' paths in group therapy and each clinician will speak about what he has learned in the course of his career. The panel also will respond to various video clips of group therapy sessions. There will be an opportunity for the audience to address questions to the panelists. Discussion, audio/visual.

Max Day, MD, Past President, NSGP, Visiting Faculty Member, Massachusetts General Hospital; Instructor, Boston Institute for Psychotherapy; Consultant, Massachusetts Mental Health Center; Private Practice, Newton, MA.

Norman Neiberg, PhD, DFAGPA, Past President, NSGP; Private Practice, Newton, MA.

Donald Wexler, MD, FAGPA, CGP, Past President, NSGP; Consultant, PTSD Group Therapy Program, Bedford, MA.

J. Scott Rutan, PhD, CGP, DFAGPA, Past President, AGPA; Past President, NSGP; Past President, Boston Institute for Psychotherapy; Private Practice, Chestnut Hill, MA.

W-22 The Group Therapist's Use of Body Awareness in Choosing Group Therapy Interventions

Through body awareness exercises and expressive movement (The Nia Technique) we will learn to use our bodies as a source of information in making clinical decisions and in receiving the group members' responses to our interventions. Wear comfortable clothing for movement; come prepared with a question about a potential group intervention. Experiential, discussion, didactic.

Suzanne L. Cohen, EdD, CGP, FAGPA, Clinical Instructor in Psychiatry, Harvard Medical School; Private Practice, Wellesley, MA.

W-23 When the Heart Breaks: A Look at the Special Role Group Therapy Plays in Healing Those Who Have Lost a Loved One

The loss of a loved one comes to all of us. We may find ourselves prepared; sometimes we're lost. Group therapy helps those who are hurting to grieve their loss and reconnect with others. Staying in the moment, confronting negative thoughts, we will try to help our members rediscover life. Discussion, experiential, demonstration.

Gregory MacColl, CSW, CGP, Private Practice, Manhattan & Forest Hills, N.Y.

W-24 Starting Your Own Group: Recognizing and Managing the Complexities of Creating a Psychotherapy Group —Moving From Fantasy to the First Session

This workshop will offer a comprehensive exploration of the process and relevant material necessary to create a psychotherapy group. Topics covered will include the choice of the kind of group, population, inclusionary and exclusionary criteria, informed consent, patient selection and preparation, and ethics/risk management. Lecture/ discussion.

Mark Fanger, EdD, Private Practice, Newton Highlands, MA.

W-25 A Psychospiritual Perspective on Group Psychotherapy

The spiritual dimension of life, healing, and psychotherapy is increasingly important in today's challenging world. In this workshop, we include but go beyond Jung, to the work of Bion, Eigen, and others, to discover the basic principles of a psychospiritual approach to group psychotherapy, and how such an approach can contribute to spiritual growth and healing. Didactic/lecture, demonstration, discussion.

Victor L. Schermer, MA, LPC, CAC, CGP, Harmony Mental Health Services, Philadelphia, PA; Private Practice, Philadelphia, PA.

W-26 If Not Us, Then Whom? The Therapist's Role in Resolving Impasses in the Group

In this workshop we will examine the nature of impasses in the therapeutic work of a group. What constitutes an impasse and how do we recognize the forces that contribute to it? We will explore the leader's role in working through impasses in group therapy, paying particular attention to the leader's use of the self. Groups struggle with "speaking the unspeakable". What is our role in helping our members tackle difficult subjects, to speak with the group cannot? Didactic, Case Presentation, Discussion.

Jennifer Bryan, PhD, CGP, Instructor, Smith College School of Social Work; Independent School Consultation; Private Practice, Northampton, MA.

Sara J. Emerson, LICSW, CGP, FAGPA, Private Practice, Cambridge, MA.

W-27 Contagion and Containment in Adolescent Group Psychotherapy

Adolescent groups present unique challenges to their leaders. How do we promote a healthy atmosphere of self-awareness and identity development while containing self-destructive contagion? Didactic, discussion, experiential. Participants are encouraged to bring a photograph of themselves as an adolescent. Discussion, experiential, didactic.

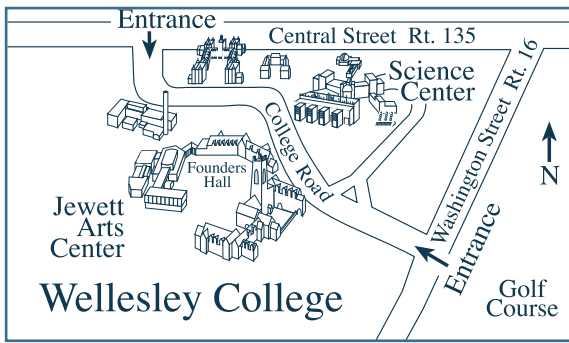
Oona Metz, LICSW, CGP, Co-Coordinator of Group Psychotherapy Program, The Brookline Center, Brookline, MA; Private Practice, Brookline, MA.

W-28 On Termination: Making Good-Bye Good

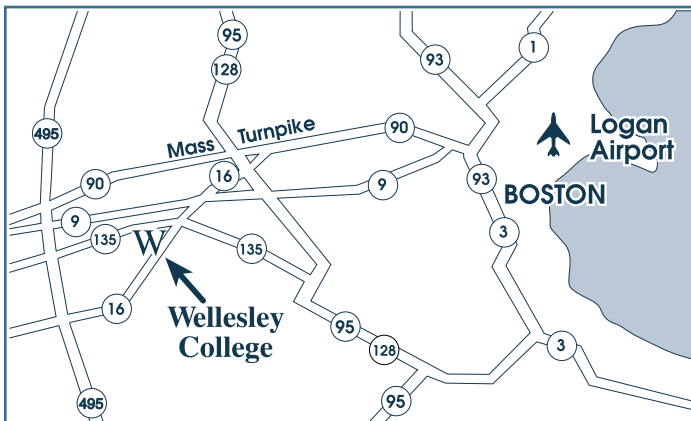
This workshop will provide an opportunity for participants to learn more about themselves and their groups in relationship to the issue of termination as they explore the meaning of endings (and the attendant loss, limitations, and regrets) in their own lives, as well as in the groups that they lead. Experiential.

Marsha Vannicelli, PhD, FAGPA, Clinical Associate Professor, Harvard Medical School; Teaching Faculty, Massachusetts School of Professional Psychology; Private Practice Cambridge, MA.

Scott Reinhardt, PhD, CGP, Consultant, Department of Psychology, The McLean Hospital; Private Practice, Newton, MA.



Directions to Wellesley College: Take **Route 128** (I-95) to **Route 16 West** exit. Follow **Route 16 West** to the entrance to the College, opposite the golf course. (You will drive through the town of Wellesley.)



Lodging on the Wellesley College campus is limited and will be made available on a first-come, first-served basis. Requests for lodging must be received by Friday, May 28. Those people who are assigned lodging will receive by mail a schedule of check-in times with their registration materials. Please note: dormitory rooms are not air-conditioned. For a list of other accommodations in the Wellesley area, please contact Holly Crary at (617) 852-4955.

Taping and taking of photographs will be permitted with the agreement of each leader and all the participants.

Reprints relevant to the CGP curriculum will be available for a nominal fee.

Campus is smoke free.

Special Needs: All buildings in use are handicap accessible.

Continuing Education Credits:

The NSGP designates this educational activity for a maximum of 22 category 1 credits toward the AMA Physician's Recognition Award. Each physician should claim only those credits that he/she actually spent in the activity. NSGP is accredited by the Massachusetts Medical Society to provide continuing medical education for physicians. NSGP is an approved provider of continuing nursing education by the Massachusetts Association of Registered Nurses, Inc., an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. NSGP is approved by the American Psychological Association to offer continuing education for psychologists. This program provides a maximum of 22 contact hours. NSGP maintains responsibility for the program. NSGP is recognized by the National Board for Certified Counselors to offer continuing education for National Certified Counselors. We adhere to NBCC Continuing Education Guidelines. For information regarding the status of Continuing Education Credits for social workers and to find out if an authorization has been issued, please call the NSGP office at 617-484-4994.

**For General Information, Please Call or Write: (617) 484-4994
NSGP, PO Box 356, Belmont, MA 02478-3201 www.nsgp.com**

NSGP Annual Membership Business Meeting

Sunday, June 13, 2004 from 8:30 – 9:30 am
Science Center Room 277

All conference participants are invited to attend this meeting. Members of the Executive Committee and Chairs of Standing Committees will report on Society activities over the past year and highlight plans for the new fiscal year. Election results will be announced for the Board of Directors.

Membership in the NSGP is open to members of all qualified professions, including social work, nursing, psychology, psychiatry, and counseling. All members receive copies of the NSGP NEWSLETTER, reduced fees at the ANNUAL REGIONAL CONFERENCE, and an opportunity to participate more fully in this regional organization devoted to the increasingly important therapeutic modality of group psychotherapy. Membership forms are available at: NSGP, PO Box 356, Belmont, MA 02478-3201 Telephone: (617) 484-4994.

My Conference Registration Schedule		
W Workshop Registration		
Saturday AM	Saturday PM	Sunday AM
1st # _____	1st # _____	1st # _____
2nd # _____	2nd # _____	2nd # _____
3rd # _____	3rd # _____	3rd # _____
<input type="checkbox"/> Special Presentation	<input type="checkbox"/> CGP Certificate Program	
<input type="checkbox"/> Institute	<input type="checkbox"/> Demonstration Group	

Mail Registration: People registering by May 21 will receive their tickets in the mail. Tickets will be mailed by June 4. People registering after May 21 should pick up their tickets at the Registration Desk in the Science Center.

Cancellation Policy: No refund can be made unless written notification of cancellation is received at the NSGP Office, postmarked by May 21.

Conference Committee	
<p>Co-Chairs Kelley Bothe, LICSW, CGP Geri Reinhardt, LICSW</p> <p>Institute Marianne Zasa, LICSW, CGP, FAGPA, Chair Alan Albert, PsyD, CGP Marsha Vannicelli, PhD, CGP, FAGPA Arnold Cohen, PhD</p> <p>Program Mardi Robinson, Co-Chair James Tobin, PhD, Co-Chair Jillian Frank, PhD, CGP Lawrence Kron, JD, PhD Greg Mc Ewan, BA</p> <p>Site Holly Crary, LICSW, Co-Chair Sam Gloyd, MDiv, LMHC, Co-Chair Polly Francisco, MSW, LICSW Sabrina Ferris, LICSW Whitney Post, MA</p>	<p>Publicity Kim McNamara, LICSW, Co-Chair Sue Silveira, LICSW, Co-Chair Ray Howard, LICSW Anna Meigs, LCSW Robin Chalfin, LICSW</p> <p>Brochure Linda McIntosh, APRN, CGP, Co-Chair Annie Weiss, LICSW, CGP, Co-Chair</p> <p>Registration David Raniere, PhD, Co-Chair Katherine Wenger, LICSW, Co-Chair Debra Carmichael, PhD Sandra DiPhillips, LICSW Erika Francis-Raniere, PhD Susan Stahl, PhD</p> <p>Hospitality Helen Hwang, PhD, Chair Carol Crosby, LICSW Paige Simpson, PhD Illana Tal, PhD</p>

Graphic Design: Deborah Cake, DaySpring Graphics, E: dayspring@rcn.com

Conference Registration Application

Name: _____

Address: _____
 _____ Zip Code _____

Telephone: Work _____
 Home _____

Email address: _____

NSGP Member Non-Member Student
(circle if NEW)

Professional Discipline:

Physician Psychologist Social Worker
 Clinical Nurse Specialist Alcoholism Counselor
 Mental Health Counselor Other _____

Primary Work Setting

Private Practice School/University
 Hospital, Inpatient Community Clinic HMO
 Hospital, Outpatient Other: _____

Number of years group therapy experience:

0-2 3-7 8-14 15 or more

How did you hear about the conference?

Brochure (circle one: mailed to you OR posted)
 Colleague Workplace (specify) _____ Print Ad
 Internet Ad Other (specify) _____

Is this your first NSGP conference?

Yes No

SP **Special Presentations**

I **Institute Registration**

Please list, in order of preference, your choice of Institute by number:

_____ 1st Choice
 _____ 2nd Choice
 _____ 3rd Choice

Standby Option (see description on pg.3)

If choices 1-3 unavailable Refund my Institute fee
 Assign me to a general psychodynamic group

W **Workshop Registration**

Saturday AM Saturday PM Sunday AM
 1st # _____ 1st # _____ 1st # _____
 2nd # _____ 2nd # _____ 2nd # _____
 3rd # _____ 3rd # _____ 3rd # _____
 Please list alternate choices in case your first choice is filled

C **CGP Certificate Program**

D **Demonstration Group**

Lunch: For Institute registrants, Friday lunch is included.
 For all other registrants, lunch is available for \$14 on Saturday and Sunday. Please pre-register to assure availability. **Box Lunch** is included for Saturday Special Presentation attendees in the Science center.
Newcomers Lunch Table: There will be a table for newer attendees at the Saturday luncheon.
Social Hours: At the end of each day, participants are invited to gather for refreshments. New attendees are especially welcome.

Fee Schedule 2004

NSGP membership fees are available only to those whose membership is in effect or those who have applied for membership by May 17, 2004
 Student fees require documentation of full-time student status.

	Member	Student*	Non-Member
1. 3-day Package			
Includes all programs	\$ 350.	\$ 175.	\$ 420.
2. Special Presentations:			
Friday Evening	\$ 35.	\$ 17.	\$ 45.
Saturday afternoon (includes lunch)	\$ 45.	\$ 22.	\$ 55.
Both Friday and Saturday	\$ 65.	\$ 32.	\$ 85.
3. Institute (includes lunch)	\$ 120.	\$ 65.	\$ 150.
Standby Option (see pg 4)	\$ 40.	\$ 40.	\$ 40.
4. Workshop: (Does not include Special Presentation)			
One Workshop	\$ 55.	\$ 27.	\$ 70.
Two Workshops	\$ 100.	\$ 50.	\$ 125.
Three Workshops	\$ 150.	\$ 75.	\$ 180.
Three Workshops & Demo. Group	\$ 200.	\$ 100.	\$ 250.
5. Demonstration Group	\$ 60.	\$ 30.	\$ 70.
6. CGP Program (see pg 4) (C-1, C-2, C-3, C-4 and Demonstration Group)	\$ 185.	\$ 92.	\$ 240.
7. CGP Program plus Friday Institute	\$ 260.	\$ 130.	\$ 310.
8. Subtotal of Program Fees (1-7)	\$ _____		
9. Minus Discounts (only one may be applied)	\$ _____		
<ul style="list-style-type: none"> • 10%: 3 or more Registrants from one agency MUST be mailed in together to receive discount. • 3 workshops for price of 2 for 1st time attendees • 25%: Bring a first time attendee Attendee's name: _____ Both registration forms MUST be mailed together for a discount.			

10. Total Program Fee **\$ _____ Total**

A. Total Program Fee (above)	\$ _____
B. Lunch Fees:	
Saturday Lunch	\$ 14. _____
Sunday Lunch	\$ 14. _____
C. Lodging (as available) No Meals – Deadline: May 28.	
Thursday Night (\$60 per person)	\$ 60. _____
Friday Night (\$60 per person)	\$ 60. _____
Saturday Night (\$60 per person)	\$ 60. _____
D. Administration Fee: (all registrants)	\$ 10.
E. Grand Total:	
Add A, B, C, D	Grand Total \$ _____

If there are general questions about the Conference or if you would like to serve on the Conference Committee, please call (617) 484-4994.

Payment: Make checks payable to NSGP; Mail with form to:

David F. Raniere, PhD
 1679 Massachusetts Avenue
 Cambridge, MA 02138

Mail Registration: People registering by May 21 will receive their tickets in the mail. Tickets will be mailed by June 4. People registering after May 21 should pick up their tickets at the conference, at the Registration Desk in the Science Center.

Cancellation Policy: No refund can be made unless written notification of cancellation is received at the NSGP Office, postmarked by May 21.

Scholarships: A limited amount of partial scholarship money is available. For a scholarship application please call (617) 484-4994. Applications must be returned by May 7, 2004.



Northeastern Society for Group Psychotherapy, Inc.

P.O. Box 356
Belmont, MA 02478-3201
(617) 484-4994
www.nsgp.com

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N S G P
Northeastern Society for Group Psychotherapy

The 23rd Annual
Regional Conference
June 11, 12, and 13, 2004
Wellesley College, Wellesley, MA

What We Do:

NSGP's 23rd annual conference includes something for everyone!

Institutes: 1-day, small group experiences, including psychodynamic and special topics. Powerful catalysts for personal and professional growth!

Workshops: An incredible variety of halfday workshops, including mindfulness, expressive movement, shame, DBT, competition, authenticity, and many many more!

Plus: A Special Presentation: "**Violence and Its Aftermath: The Healing Process**", CGP certification program, and the Demonstration Group. Information Inside!

& Why We Do It!

NSGP Board of Directors

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